

NOVEMBER 2023

AL & IL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B Bistro C Channel 1-2 or 1-3 CR Community Room GR Game Room L Lobby P Patio T Theater TR 3rd Floor Training Room			Happy Birthday Charles B! 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 1:00 Group Trivia Game (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C) 10:30 Resident Council (CR) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 11:15 Family Resident Council 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:00 Individual Outing: Walmart (L) 6:00 Living-Room Symphony (C)	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:30 Speaker: Ken with Dahl Medical Supplies (CR) 3:00 Happy Hour (B)	9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
Daylight Saving Time Ends 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:00 Live Entertainment: The Berry Boys (CR) 3:45 Bingo (CR)	Election Day 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Cub or Walgreen's (L) 6:15 Evening Movie (T)	11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Duke Zecco Singer & Guitarist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	10:00 Group Outing: MN Orchestra Hall *RSVP Required* (L) 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 3:00 Cardio Drumming Group (CR) 6:00 Living-Room Symphony (C)	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Veteran's Day: Freedom History Speaker Steve Chicoine & Veteran Awards (CR) 3:00 Happy Hour (B)	Veterans Day! 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	Happy Birthday Kay W! 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 Ebenezer Holiday Wreath Decoration Group (B) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:30 MacPhail Unwrap Music: Carole King (CR) 3:45 Bingo (CR)	Happy Birthday Richard M! 10:00 Coffee w/Chef (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Lund's & Byerly's (L) 6:15 Evening Movie (T)	11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Pianist James Shaw (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	Happy Birthday Dave A! 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:00 Group Wii Bowling w/Nate (CR) 6:00 Living-Room Symphony (C)	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Speaker: Scott Nelson on Medicare Advantage Plans (CR) 3:00 Happy Hour (B)	9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)

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19 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	20 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: Beyond Classical Clarinet (CR) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:45 Bingo (B) 4:00 Care Giver Support Group (CR)	21 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Target (L) 6:15 Evening Movie (T)	22 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR) 5:00 Aurora Resident Thanksgiving Dinner with Loretta & Curtis Traditional & Original Folk Music (CR)	23 Happy Thanksgiving! Happy Birthday Dallas & Grace! 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 1:00 Thanksgiving Crosswords & Word Searches (L) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 6:00 Living-Room Symphony (C)	24 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Movie Matinee (T)	25 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
26 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	27 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 Holiday Decorations & Christmas Tree Decorating (L) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 2:00 Live Entertainment: Guitarist Vinnie Rose (CR) 3:45 Bingo (CR)	28 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Cub Foods (L) 6:15 Evening Movie (T)	29 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Birthday Party Entertainment: Highwater Band Fred Gustafson (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	30 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C) 11:00 Restaurant Outing (L) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 1:00 Independent Bridge & Cribbage Game (1st Floor Library) 3:00 4th Floor Resident Meet Your Neighbor (CR) 6:00 Living-Room Symphony (C)		